

**Practice Program Speed Badminton  
1st Lesson (of 8)**



**Notes:** If the practice takes place outdoors, players should use the Match instead of the Fun Speeder® for the exercises.

**Abbreviations:** FH = Forehand, BH = Backhand

**Material needed for this lesson:** Rackets, Fun Speeder®, Courts

	<p style="text-align: center;"><b>General information/Introduction – 5 min.</b></p> <ul style="list-style-type: none"> <li>• Introduction of yourself/coach</li> <li>• Attendance list</li> <li>• How do people know Speed Badminton?</li> <li>• Explain brief history of the sport</li> </ul>
<p><b>Recap 5 min.</b></p>	<ul style="list-style-type: none"> <li>- Short explanation about equipment</li> <li>- Short introduction to the rules             <ul style="list-style-type: none"> <li>○ 2 squares are laid out in a distance of 42 feet (t-line to t-line if playing on a tennis court).</li> <li>○ 2 courts fit on a tennis court: extend the middle line to the base line and t-line to doubles side line.</li> <li>○ The lines are part of the court.</li> <li>○ The space around and between the squares is not part of the court.</li> <li>○ The game is played without a net or a lowered net if played on a tennis court.</li> <li>○ Only an underhand serve is allowed.</li> <li>○ A player has 3 consecutive serves, then the serve changes to the opponent.</li> <li>○ A set is played to 16 points. The game is played with rally scoring.</li> <li>○ At a score of 15:15 you must win by 2 points.</li> <li>○ Best 2 out of 3 wins.</li> <li>○ The Speeder® is not to touch the ground and has to be played with the racket, a double hit is invalid</li> </ul> </li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
<p><b>Subject of lesson</b></p>	<p style="text-align: center;">Basic/ready position and grip, game start-up</p>

**Warm-up**

<b>General warm-up 10 min.</b>	<b>Type</b>	<b>Arrangement</b>	<b>Elements</b>
	Warm up run, Dynamic Warm Up	Players face the coach , stand shoulder to shoulder in a line and run from one side of the gym to the other and back	<ol style="list-style-type: none"> <li>1. Running forward</li> <li>2. Running backward</li> <li>3. Arm Circles</li> <li>4. Lateral Shuffle</li> <li>5. Lunge forward</li> <li>6. Sprint 4 times back and forth</li> </ol>
<b>Exercise 1 - 10 min.</b>	Mark off an area of play. Two players are chosen to be the hunters and each get a fun Speeder®. They try to catch the other players by throwing the Speeder® at them. The players who get hit by the Speeder® need to squat down and can be freed again by other players leapfrogging over them. The hunters win if all players squat and they lose if they do not manage to catch all players within 3 minutes.		
<b>Exercise 2 - 5 min.</b>	<b>Type</b>	<b>Arrangement</b>	<b>Elements</b>
	Throw Fun Speeder® back and forth in pairs in different ways	All pairs should line up and face their respective partners	<ul style="list-style-type: none"> <li>- Throw and then catch with 2 hands</li> <li>- Throw and then catch with 1 hand</li> <li>- Throw and return by hitting with flat palm</li> <li>- Play with flat palms and count the hits in one rally</li> </ul>
<b>Set up courts in a distance of approx. 25 feet</b>			

### Main part

<b>Preparations 5 min.</b>	Distribute rackets. Show correct grip and ready position. Demonstrate the main hitting techniques (volley FH/BH, drive FH/BH, Smash FH). Do not explain the techniques in detail, just explain quickly the difference between forehand and backhand shots.		
<b>Grip Position</b>	<b>Correct Grip</b>	<b>Incorrect Grip</b>	<b>Incorrect Grip</b>
			

<b>Ready Position</b>	<p>Anticipating the speeder in the ready position guarantees agility for the upcoming move.</p> <ul style="list-style-type: none"> <li>- Spread your feet shoulder width apart</li> <li>- Bend your knees slightly</li> <li>- Hold the racket in front of your body</li> </ul>
<b>Warm-Up 10 min.</b>	<p>Hand out one Fun Speeder® per player. Each player will play by themselves with the Speeder® by hitting it straight up in the air alternating FH and BH. The players count how many hits in a row.</p>
<b>Exercise 3 - 10 min.</b>	<p>In pairs, the players line up facing each other in a distance of approx. 10 feet and play with a Fun Speeder®. The Speeder® always has to be played underhand (like the serve). The players can increase the distance more and more with each successful rally, then get closer together again.</p>
<b>20 min.</b>	<p>Free play with rules</p>
<b>Cool down or exercise for in between</b>	
<b>Exercise</b>	<p>“Merry-go-round” to play together at the end:</p> <p style="text-align: center;">Path of the players</p> <p style="text-align: center;">Speeder® Flight path</p> <p style="text-align: center;">Path of the players</p> <p>The players split up in 2 equal groups. Group 1 stands behind square 1 and group 2 behind square 2. The first player of each group step into the square and hits the Speeder® into the opponent’s square. Then the player runs on the side of the square towards the other square and gets in the other group’s line etc. A player makes a fault loses one life (everybody has 3 lives at the beginning. A player can make 3 faults at the 4<sup>th</sup> he/she is out of the game).</p>
<b>Outlook</b>	<p><b>Call the players together, thank them for the lesson and give an outlook for the next lesson: get a feeling for the shuttle, FH and BH volley</b></p>